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MN020101. Service, Values and Vision: A Message From the CNO

WASHINGTON, D.C. - The following is a New Year's message from Chief of Naval Operations ADM Vern Clark to all Sailors world-wide:

Year's end is always a time for reflection, and that is especially true this December, for we are at war. As you look back upon the momentous events of 2001, I urge you to remember that naval professionals are demonstrating bravery, skill and dedication all around the world.

After the tragedies of 11 September, our Navy restored pride to a wounded nation by leading offensive operations in Afghanistan, where we continue to fight with devastating effectiveness.

Naval forces in the 6th Fleet are strengthening new democracies, stabilizing the Balkans, and engaging states all around the Mediterranean. We are helping realize the age-old dream of a peaceful and united Europe.

Naval forces in Japan symbolize the power and promise of freedom in the most dynamically changing area on earth. Throughout Asia, governments feel more secure when the "Stars and Stripes" are flying nearby.

Navy Sailors are also protecting the security of the Western Hemisphere from terrorists and drug traffickers, while force protection has been enhanced around the world. We are all on the front lines in this conflict.

The non-traditional nature of this struggle demands that we must be increasingly aware of our responsibilities for homeland security inside the United States. In the months ahead, we will remain engaged in the war on terrorism here at home, as unique navy capabilities are brought to bear in support of our local communities.

Navy ships, submarines, aircraft, fleet Sailors, EOD (explosive ordnance disposal) units, SEALS, medical-response professionals, emergency preparedness liaison officers and many others will be called upon to defend the seaports and approaches to our nation. Commander, Fleet Forces Command is taking the lead in organizing our Homeland security effort but all of us will contribute to its success.

Our success in the war on terrorism rests on more than impressive technology. Ultimately it depends on dedication to service and the values

embodied in our rich naval heritage, as well as a shared vision of sustained greatness.

The vital role played by naval values was brought home to me with tremendous power on 7 December, the 60th anniversary of the attack on Pearl Harbor. I was honored to serve as keynote speaker on the Arizona Memorial that morning, addressing 21 survivors of the attack, as well as hundreds of dignitaries, friends, and family members.

The weathered faces and slow gait of the veterans could not disguise the young men they once were - heroes who fought for freedom that tragic Sunday morning six decades ago, when, through smoke and fire, America's destiny became clear. These men fought with a tenacity that validated the pride and determination of free men compelled to justice. We draw tremendous strength from the example set by such quiet Americans, a generation who honor us with their presence in diminishing numbers each year, as they sail away into history.

Past values are so important to what we do - what we are - in the United States Navy. But so is vision, a positive and passionate dedication to making our Navy better.

To that end, I attended the Leadership Summit at the Naval Postgraduate School in Monterey, Calif., on 5-6 December. The excitement was contagious as 264 uniformed and civilian representatives of our Navy family from E-3 to O-10 gathered to explore ways to improve the world's greatest Navy.

Particularly compelling was the impressive consensus shared by the participants for a Navy of trust, empowerment, boundless opportunity, covenant leadership, unity, professionalism, mission accomplishment and loyalty. It was inspiring to see the present and future leaders of our Navy communicate heartfelt aspirations for a service of brilliant capability and peerless quality. Our challenge now is to transform these aspirations into the reality. I am dedicated to doing so.

Service, values and vision - a powerful combination for success that reflects our dedication to causes bigger than ourselves, our determination to preserve what is best in our heritage and our willingness to embrace change to remain at the forefront of operational effectiveness and personnel development.

As 2001 draws to a close, I wish each of you a blessed holiday season and ask for your renewed dedication to our core values as we strive for a future of continued Naval greatness. For as I told the veterans of Pearl Harbor, today's Sailors are as dedicated, brave, and determined as their predecessors. You are carrying the banner of freedom throughout the world and furthering the cause of liberty in a new century.

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MN020102. Navy Medicine Steps Up to Help Curb Ecstasy Abuse
By Brian Badura, Bureau of Medicine and Surgery

NORFOLK, Va. - Ecstasy abuse is on the rise across the country and the military is not immune to the problem. Although the Navy maintains a zero-tolerance position on drug abuse, use of the popular club drug among sailors has escalated over the past few years. With the help of Navy Medicine, though, hiding ecstasy use is going to be much tougher.

Navy drug screening labs will increase their ability to detect ecstasy threefold, thanks to a new reagent used during testing. The reagent will be used in all Department of Defense screenings starting in early January.

"Our catalyst for the change was the trend of increased use," said CDR Lisa McWhorter, MSC, Navy drug testing program manager at the Navy Environmental Health Center in Norfolk.

Bill Flannery, branch head for the drug detection and deterrence office at the Navy Personnel Command, said the reagent would expand the window of

opportunity to detect ecstasy. "We will continue to evolve the Navy's drug testing program with technology. This new reagent is the gold standard by which all others are compared," he said.

In the past, detection of ecstasy came as part of a more general test for amphetamines. According to McWhorter, the new agent has a greater ability to detect smaller amounts and can specifically detect drugs like ecstasy.

Navy leaders have been working on revising the testing process for about two years. In addition to helping make the final selection on the reagent from the vendor, Navy Medicine also tested the product at the Navy Drug Screening Lab in Jacksonville, Fla. before rolling it out to the troops.

The effects of ecstasy abuse can be seen in the short and long term. Symptoms range from decreased ability to regulate sleep and emotions to increased chances for heart attack, stroke and possibly death. To find out more about ecstasy, visit the PERS-6 web site at navdweb.spawar.navy.mil.

- Navy Personnel Command public affairs contributed to this story.

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MN020103. Oh Baby! USNH Okinawa Claims First of 2002

By Jan Davis, Bureau of Medicine and Surgery

Okinawa, Japan - Naval Hospital (NH) Bremerton's first baby of the new year came at 10:08 a.m. Pensacola's arrived at 12:59 a.m., too late for a 2001 tax break, but early enough to be the first of in the surrounding counties. San Diego's new year's baby arrived at 12:58 a.m., early enough to be featured on local television. National Naval Medical Center Bethesda's baby arrived after 2:00 a.m., well out of the first baby competition.

Some might argue that NH Oak Harbor's baby boy Christopher Reid Hill Jr., born at 12:01 a.m. to Petty Officer Third Class Christopher Reid Hill and wife Leanne, is the first Navy baby of 2002.

But since the day arrives first in the Far East, bragging rights to the first Navy baby of 2002 goes to U.S. Naval Hospital Okinawa.

Baby girl Jhabaleen Natiola arrived at 12:16 a.m. to Petty Officer Third Class Jesus and Jenny Natiola. Since Jhabaleen was the first baby born at a U.S. military hospital in the Far East, not only is she the first Navy baby, she is the first U.S. military baby.

She weighs in at 6 pounds, 4 ounces and is 20 inches long.

Jhabaleen wasn't due for a week, but mother Jenny wasn't surprised she was born early. The couple's other children, 6-year-old JC Scott and 2-year-old Jencres Rose, were also born a little early. The couple arrived at the hospital at 10:45 p.m. and their new daughter arrived 90 minutes later.

The Navy's New Year's baby and her family will be honored in a ceremony later at the hospital.

- LT Sonny Tizon, MSC, U.S. Naval Hospital Okinawa, Japan, contributed to this story.

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MN020104. Camp Pendleton Wins Excellence Award

CAMP PENDLETON, Calif. - Naval Hospital Camp Pendleton's maternal infant service directorate was awarded the Eureka Award for Performance Excellence by the California Council for Excellence (CCE).

The Eureka Award is CCE's top-level award for efficiency and quality. It adheres to Malcolm Baldridge National Quality Award criteria. Nominees must submit a full Baldridge based application, using the most current criteria. The CCE offers three levels of excellence based on a 200, 500 or

1000-point check. The Eureka Award is presented only to those achieving 1000 points.

"In January of 2000 we decided we would apply for this award," said CDR Jack Klausen, MC, medical director for maternal infant service. "This was a great way to take a look at ourselves."

Klausen said the award was submitted in August 2001. In November, the directorate was notified of a site visit performed by six surveyors from the CCE.

According to CAPT Jane Morgan, NC, director for maternal infant services, the surveyors inspected the area for about a week and didn't compile their individual scores until the last day, and even then they didn't reveal the score to the staff.

"We were told if we got a call on the 17, we won," Morgan said. "We were pleasantly surprised to get that call."

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MN020105. Navy Researchers Take Home Air Force Trophy

SAN ANTONIO, Texas - For the second year, the Naval Health Research Center Detachment at Brooks Air Force Base, Texas, received the base's Information Assurance Excellence Award for their computer security program - no simple task for a lab with advanced computer needs.

"It is important for us to support our host's security disciplines in managing our information system," said CDR Melvin J. Ely, MSC, the detachment's officer in charge. "This not only helps protect and maintain the integrity of information system resources, but also helps reflect favorably on the Navy and demonstrates our ongoing efforts to be a good tenant."

The detachment is part of a joint team conducting research at the Tri-Service Frank M. Tejeda Directed Energy Bioeffects Complex. Their computers are essential research tools. The team of psychologists, engineers, visual scientists, biologists, computer specialists, corpsmen, and data analysts studies the biological effects of microwave devices and lasers. Both are used extensively in the Navy and Marine Corps for telecommunications systems, radars and navigational systems, range finders and target designators.

The award was presented to the detachment by Brig. Gen. Lloyd E. Dodd Jr., Commander of the 311th Human Systems Wing, and Maj. Tim Hartje, Commander of the 311th Communications Squadron.

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MN020106. Girls In Uniform, Armed With Bears, Visit Navy Hospital By JO2(SW) Terrina Weatherspoon, Naval Medical Center San Diego

SAN DIEGO - While many Sailors and Marines spent the holidays fighting for America's freedom, small girls, also in uniform, helped pediatric patients at Naval Medical Center San Diego fight for their health.

Girl Scout Brownie Troop 6678 hand-delivered 16 hand-made teddy bears to the center, anxious to find them good homes.

"I felt good because I made a bear to give to a newborn baby," said Brownie Scout Taylor. "I felt scared and excited when I walked into the hospital room but I felt really happy for the baby and I was very proud of myself."

"I gave my bear to a little girl about 3 or 4 years old. She had a big smile when I gave it to her," said Jennifer. "I didn't name the teddy bear I gave away. I think it is more special if the little girl names it herself. Maybe she'll remember me every time she plays with it."

The bears were made at the Basic Brown Bear Factory. Each girl was given the option of including a heart or a star inside her bear. The hearts

stood for love and the stars stood for hope. The girls visited the pediatric and fetal assessment wards and gave their bears to those who needed both love and hope.

"I gave my teddy bear to a girl named Ashley," said Aimee. "She is 17 years old. When I gave the bear to her, I felt good inside. She was not contagious. She was nice."

"My bear was given to a boy named Charles David," said Rachel. "He was a newborn baby when he received the bear. I felt nervous before giving my bear away but when I talked to his mother, I felt a lot better."

"I gave my bear to a 2-year-old named Bailey," said Madison. "She had an I.V. next to her. She smiled and hugged the bear. I was a little nervous at first. But then it made me feel very happy and I knew that Bailey was very happy too."

Despite all that is going on in the world with our war on terrorism, anthrax invading our mailboxes and families being separated, these girls are reminding us that faith and good hearts are not lost. They have just been temporarily stored inside remarkable teddy bears.

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MN020107. Flags and MTF COs Urged to Mark Their Calendars

WASHINGTON, DC - Navy Medicine Flag Officers and Military Treatment Facility Commanders and Commanding Officers are urged to mark their calendars for the 2002 Navy Medicine Breakout Session, which will take place immediately after the 2002 TRICARE Conference.

The Navy Medicine session is schedule to begin at 1 p.m. Thursday, Feb. 7. It is expected to finish at 4:30 p.m. Friday, Feb. 8.

The TRICARE conference and the Navy Medicine session will take place at the Marriott Wardman Park Hotel, 2660 Woodley Road, NW, Washington, D.C., telephone (202) 328-2900. Information on the conference is available at www.tricare.osd.mil/conferences/2002/index.cfm

More details about the 2002 Navy Medicine Breakout Session will be provided in the next few weeks.

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MN020108. Beaufort Ensures Memory of Those Lost Lives On By Lisa M. Voorhies, Naval Hospital Beaufort

BEAUFORT, S.C. - Dec. 7 was Pearl Harbor Day, and, in South Carolina, this 60th anniversary of the devastating Japanese attack on America's Pacific Fleet was also Arbor Day.

To mark the occasions, Naval Hospital Beaufort and the Town of Port Royal, S.C., united for a tree planting ceremony at Naval Heritage Park, located in front of the hospital. The oak tree planted was in memory of those who lost their lives in the attack 60 years ago at Pearl Harbor as well as recent casualties resulting from the events of Sept. 11.

"In the Jewish religion, when someone passes away, it is traditional to plant a tree as a symbolic gesture of the rebirth of loved ones lost," said CAPT Gary Zuckerman, Beaufort's commanding officer. "This tree has great promise to grow and flourish - as does the future of our country."

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MN020109. HealthWatch: Test Your Nutrition Knowledge

Do you know what's good for you? Eating properly can be more puzzling than you think. Every day there are new reports about food, snacking, nutrition, and vitamins.

Here's a brief test of your knowledge about nutrition. Questions may have more than one correct answer.

1. With fat-free cookies you get:

- a. lots of calories
- b. zero fat grams
- c. less than 1 gram of fat per serving
- d. to eat twice as many

2. Yogurt is good for you because:

- a. it's a low-fat food
- b. it helps reduce lactose intolerance
- c. it reduces vaginal infections and boosts immunity
- d. it makes you live longer.

3. Broccoli is a rich source of:

- a. sulphoraphane
- b. folate
- c. vitamin C
- d. all of the above

4. Rank these juices from most to least by the vitamin C content:

- a. apple
- b. grape
- c. grapefruit
- d. pineapple

5. Which food, if any, is significantly lower in fat and calories than the others?

- a. margarine
- b. butter
- c. mayonnaise
- d. none of the above

6. Choose the most fiber-rich selection:

- a. whole-wheat bread, cornflakes, green salad
- b. black beans, bran cereal, strawberries
- c. tomato, orange celery
- d. apple, rice, baked potato

7. Which of these foods provide the recommended level of beta carotene?

- a. 1 c. cooked carrots
- b. 1 c. tomato sauce
- c. 1 c. cantaloupe and one mango
- d. all of the above

Answers:

1. a, c - Fat-free means less than one gram of fat per serving. The cookies can still be high in calories - up to 100 calories per cookie - usually from lots of sugar, honey, molasses, juice or corn syrup.
2. b, c - Only skim or non-fat varieties are low-fat. The live cultures in some yogurts help break down lactose, making it easier for the lactose intolerant. In some studies, one to two cups of yogurt a day may help immunity and infections.
3. d - One cup of cooked broccoli supplies 40 percent of the recommended daily allowance (RDA) for the B vitamin folate and twice the requirement for vitamin C. The chemical sulphoraphane, found in curciferous veggies, may protect against cancer.
4. c, d, a, b - Unless vitamin C is added apple and grape have little. Eight ounces of grapefruit juice gives you your vitamin C RDA and pineapple gives you half.
5. d - They are all high in fat and calories, with 11 to 14 grams of fat and 100 to 120 calories in a tablespoon.
6. b - all these foods contain fiber, but beans, berries and bran are especially fiber-rich.
7. a, c - You should get six to 15 milligram (mg) of beta carotene per day. Carrots provide 11 mg and the fruits give you eight mg. The other two

have some beta carotene but not a full serving.

- From the Navy Health Book, Virtual Naval Hospital,
<http://www.vnh.org>.

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